



STRESS MANAGEMENT

INDIVIDUAL ACTION PLAN HELP GUIDE

Stress Planner

Your Stress Planner is the place to rate your daily stress level and record the stress management techniques you use each day.

The screenshot shows the 'Stress Planner' interface. At the top, there are two tabs: 'Daily Stress Planner' (active) and 'Weekly Stress Levels'. In the top right corner, the date 'January 16, 2010' is displayed with navigation arrows and a calendar icon. The main area is divided into two sections. The left section, titled 'Your Stress Level', contains three thermometer icons labeled 'low', 'medium', and 'high'. The right section, titled 'Stress Management Techniques', contains a list of techniques with checkboxes: Journaling, Meditation, Mental imagery, Autogenic training, Interrupting negative thoughts, Positive self-talk, and Progressive muscle relaxation. Each technique has a small question mark icon to its right. Numbered annotations are present: '1.' points to the 'Your Stress Level' section, '2.' points to the 'Stress Management Techniques' list, and '3.' points to the date and navigation controls.

1. Click the icon that best describes your stress level today

2. Select the stress management techniques you used today

3. January 16, 2010

Your Stress Planner entry screen

The Stress Planner entry screen will help you to keep track of your daily stress level and the types of stress management techniques you used on that day.

1. Click the icon that best describes your stress level today.
2. Click the box next to the different stress management techniques you used today.
3. Navigating between days is easy using the arrows or calendar in the upper right hand corner.

Stress Planner

Your Stress Planner is the place to rate your daily stress level and record the stress management techniques you use each day.

The screenshot shows the 'Daily Stress Planner' interface. At the top, there's a header with 'Daily Stress Planner' and 'Weekly Stress Levels' tabs, and a date 'January 16, 2010'. The main area is divided into two sections. The first section, 'Your Stress Level', is annotated with a red '1.' and contains three thermometer icons labeled 'low', 'medium', and 'high'. The 'medium' icon is selected. The second section, 'Stress Management Techniques', is annotated with a red '2.' and contains a list of techniques with checkboxes. The techniques are: Journaling, Meditation (checked), Mental imagery, Autogenic training, Interrupting negative thoughts (checked), Positive self-talk (checked), and Progressive muscle relaxation (checked). An orange arrow, annotated with a red '3.', points to the 'Meditation' checkbox.

1. Your Stress Level

Click the icon that best describes your stress level today

low medium high

2. Stress Management Techniques

Select the stress management techniques you used today

- ☐ Journaling
- ☒ Meditation
- ☐ Mental imagery
- ☐ Autogenic training
- ☒ Interrupting negative thoughts
- ☒ Positive self-talk
- ☒ Progressive muscle relaxation

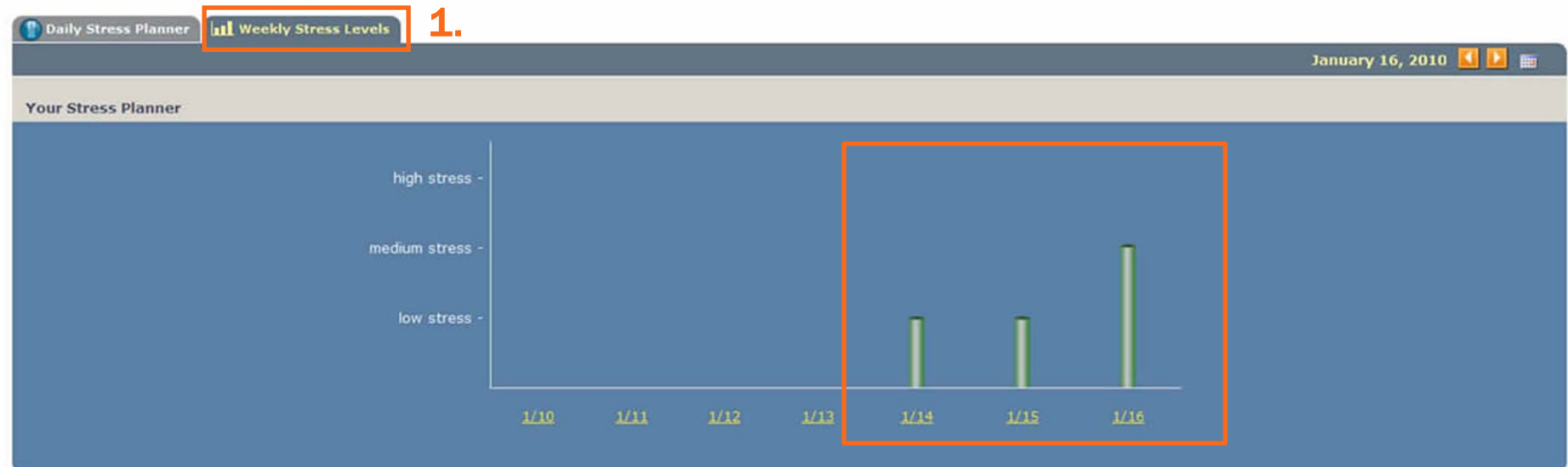
3.

Entering activity in your Stress Planner

1. This entry indicates a medium level of stress.
2. Remember you must click the box next to the different stress management techniques used. This entry indicates the Meditation, Interrupting negative thoughts, Positive self-talk, and Progressive muscle relaxation techniques were used on this day.
3. Selecting the box next to the stress management technique you used records your planner use, earning you activity credit.

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Tracking your activity in your Planner

1. Track your progress by selecting the "Weekly Stress Levels" tab at the top of the Stress Planner.

This is one way to confirm that your stress management activity has been recorded.

It's also a great way to watch your progress throughout the time you are participating in the stress management action plan.



Lifestyle Improvement Program

Stress Planner

Learn more about making better choices for a healthier future. The readings and planners provide practical information and useful tips and tools for improving your health and well-being.

Secure Messages (1 new)

Rewards [check status](#)

1.

Healthy Incentives Road to Gold

[Change my Individual Action Plan](#)

Actions Available

After you complete one of the actions below, you may find that action at the bottom of the list when you return to this page. That's because this page is designed to rotate the activities so you can review other options that might interest you. Of course, you will still be able to continue with the option you've already selected.

Complete a phase of readings in the Exercise Lifestyle Improvement Program [Tell me more](#)

[CLICK HERE TO START](#)

Complete a phase of readings in the Nutrition Lifestyle Improvement Program [Tell me more](#)

[CLICK HERE TO START](#)

History

The following list is a record of the actions you have completed, the weekly goals you have met, and the individual benefit status you have achieved. Complete 3 actions per week to earn gold.

Individual Benefit Status

1/3/2011 Bronze. Conf#: DB1A8485-1130407335

1/4/2011 Silver. Conf#: 2D94EC1B-1130413177

Actions completed

2/10/2011 Update the Stress Planner

2/10/2011 Update the Stress Planner

2/10/2011 Update the Stress Planner

2.

3.

You can always check your progress and/or change your action plan

1. Click the **check status** link at the top of the page to get to the **Road to Gold** page.
2. Scroll down and you can see your history: What actions have been completed (and when) and what your Individual Benefit status for 2012 currently is.
3. You can also pick another action by clicking on one of the orange **Click Here to Start** buttons. You can try reading, updating your personal health record, make an entry on a tracker, read a Healthy Incentives Rewards article, or try a different planner. *Note: after you complete one of the actions listed, you may find that action at the bottom of the list when you return to the page. That's because the page is designed to rotate the activities so you can review other options that might interest you.*